

QUICK START LEVEL ONE-A TEST

The entire test should take no more than SIX MINUTES.

Please introduce yourself, first and last name, and then begin with the Performance Games. You don't have to be perfect, but strive to maintain good form and proper technique throughout. Do your best to apply the Curriculum techniques, but don't feel that you have to execute all the techniques in order to pass the test.

PERFORMANCE GAMES

Perform a 30 SECOND round of each of the following Performance Games at moderate intensity, wearing proper protective equipment

- 1 STREET KICKBOXING GAME (NO TAKEDOWNS)
- 2 STANDING HEADLOCK ESCAPE GAME
- 3 STREET CLINCH GAME (NO TAKEDOWNS)
- 4 GROUND HEADLOCK ESCAPE GAME

TRANSITION GAMES

- 1 STAND FROM GUARD GAME

WEAPONRY TECHNIQUES

Perform the knife defense TWICE at moderate speed, with very little resistance

KNIFE DEFENSE: TWO HAND GRAB, DISARM

FOCUS MITTS

Perform a ONE-MINUTE round on the focus mitts, emphasizing power strikes with proper form while incorporating techniques from the Quick Start One curriculum.

INSTRUCTOR TRACK *(if you are planning on becoming an instructor)*

For the Instructor track, pick one technique from the Quick Start One, any range that you choose, and explain it in a minute or less.